

Rockville's Caregiving Agencies

Meeting Needs in Innovative Ways



This special insert of "Rockville Reports" highlights many local "Caregiver" agencies, focusing on just a few of the many programs and services that support members of our community. There is contact information provided for individual programs, services or centers throughout the "Caregivers" insert, but for general information, contact the City's Community Services Division at 240-314-8310, or stop by its offices at 20 Courthouse Square, Suite No. 205 in downtown Rockville.

Meeting Residents' Emerging Needs

At some point, everyone needs help. Whether it is financial assistance, adjusting to a new baby, finding affordable housing or health care or learning a new language – it is nice to know that someone is there in times of need.

The City of Rockville recognizes that its residents sometimes need help, which is what the City's Community Services Division within the Department of Recreation and Parks is designed to do. The Community Services staff works with countless organizations and volunteers to reach out to residents – not just in their time of need, but beyond. The City wants to ensure that its residents have the means to get through a difficult time, but also have the tools to hopefully avoid hardships in the future.

The City has built a strong reputation for its proactive approach to community service. Many of its partnerships with service-providing organizations and programs are featured in this "Caregivers" insert. From money management to energy conservation, the City realizes that *helping* residents goes far beyond paying bills. Through education and guidance, Community Services professionals provide necessary life skills that afford residents a sense of self-sufficiency to sustain a comfortable future.

The organizations and programs in this insert are highlighted not just for those in need, but for anyone who wishes to become involved in community service. There are multiple ways for people to donate their time, money and other skills to support the services on the next few pages. Contact information is provided with each section, or for general information, contact Rockville's Community Services Division at 240-314-8310.

Avoiding Holiday Debt City of Rockville Offers Holiday Spending Workshop As Part of Monthly Money-Saving Series

The approaching holiday season means one thing: lots of holiday shopping.

And holiday shopping means many things: lots of holiday bills.

Millions of Americans demonstrate their generosity this time of year, but often to their own financial detriment. And those in Rockville are no different.

Alfred Thompson, Rockville community services referral coordinator, has seen residents dig themselves into overwhelming financial trouble more so this time of year than any other.

Thompson, a 17-year veteran with the City's Community Services office, decided it was time to address the problem before it spun out of control. Thompson has been offering money management workshops for more than a year, each month with a specific focus. From money management to energy efficiency, Thompson wants to teach residents how to get ahead.

On Saturday, Dec. 9, Thompson will offer a free basic money management workshop at the Rockville Community Services offices at 20 Courthouse Square from 10 a.m. to 12 noon.

"We will focus on holiday spending," Thompson said. "Things tend to get out of hand, and we just want people to recognize it."

Also offered during the Dec. 9 workshop will be a segment on how to better manage a tax refund.

"Once you get a tax refund we want to show people how not to spend on things they don't want," Thompson said,



Through education, Alfred Thompson takes a pro-active approach to helping residents — including how to reduce energy costs.

"such as gifts for children they don't use. Instead, we suggest alternatives like opening a bank account."

Thompson said a representative from the Internal Revenue Service will speak about tax refunds and other money management issues.

The workshops are part of the Community Services Division's goal of helping clients become more self-sufficient and pro-active with their finances.

"We have a lot of people who seek financial assistance with housing and utilities," Thompson said. "But until we teach them how to manage their money we will just keep paying their bills."

In November Thompson offered an energy efficiency workshop, "Beat the Chill – Cut Your Bill." This workshop also was free and featured representatives



Every week at Maryvale Elementary School, a group of 10 senior volunteers meets with second grade students as part of the 'Grandreaders' reading program.

Grandreaders Helping Students Forming Bonds Through Words

Rockville resident Jim Scott read through *The Four Seasons* before his second grade counterpart at Maryvale Elementary School eagerly entered the room.

In just 81 simple words, *The Four Seasons* describes the natural progression through spring, summer, fall and winter with playful children depicted on the pages. Scott retrieved the accompanying materials for that day's lesson, including a word finder, outline and other learning tools.

Scott realized his mission. As did the other nine volunteer "Grandreaders," who were just as eagerly awaiting their second grade buddies to join them for their 45-minute reading session.

Just then, little Edwin Huamani, with nine of his bright-eyed classmates appeared in a single-file line at the door, squirming for their chance to dash into the room and sit with their own personal Grandreader.

"Grandreaders" are volunteers for Interages Maryland, a nonprofit or-

ganization that addresses community needs through partnerships between older adults and children. Interages provides 10 volunteers for the intergenerational literacy Grandreader program once a week at Maryvale Elementary School, in partnership with the City's Linkages to Learning program through the Department of Recreation and Parks Community Services Division.

Scott said he looks forward to his weekly meetings as much as the kids do. "You really form an attachment with

the child," said Scott, a fourth-year volunteer. "I like helping kids, and it's a lot of fun. They don't want you to leave. And believe me, if you are not here, they get upset."

Together Scott, Huamani, and the other nine reading pairs went through *The Four Seasons*, then engaged in discussions about the 12-page book. Grandreader coordinator Carol Burrows sets the reading goals for each week's lessons.

"We read a different book each week, trying to work on vocabulary development, reading comprehension and sequencing," Burrows said. "It's great extra attention for students who need a little more help with reading. Sometimes parents are working and they don't have time to read to them, or parents do not speak English at home. The program fills many voids."

Judging by the smiles on the students' faces the program is far-reaching.

"It's a nice opportunity for the students to interact with someone this age," Burrows said. "Sometimes

their grandparents do not live close by, or some children just don't have the chance to know an older adult."

And with the Grandreader program, the gratification works both ways.

"Some of the students don't read too well when they first start," Scott said. "A lot of times you have to start off reading to them, but by the end of they are reading to us."

And with 81 simple words, *The Four Seasons* is teaching these students more than they know. ■

"I like helping kids, and it's a lot of fun. They don't want you to leave."

— Jim Scott,
A fourth-year volunteer

from Washington Gas Light Company, City of Rockville Water and Potomac Electric Company. Thompson highlighted the fact that saving energy saves money, working toward the goal of self-sufficiency among clients.

To register for the free money management workshop on Dec. 9, or for other upcoming workshops, contact Thompson at 240-314-8319. ■

Energy Saving Tips:

- Turn off lights when leaving a room
- Use sunlight to light a room
- Turn off computers/appliances when not in use
- Take a shower instead of a bath
- Keep thermostats low in winter, high in summer

Source: Washington Gas

Help for the Homeless/ Ayuda para las Personas sin Hogar

Chase Partnership House

- A program of Community Ministries of Rockville, 114 W. Montgomery Ave., Rockville
- 36-bed shelter for homeless men who are recovering from drug and alcohol abuse and may have a chronic mental illness.
- Contact person: **Darrell Butler**; Phone: 301-762-8682; Web address: www.cmrocks.org
- Programa de los Ministros de la Comunidad de Rockville, 114 W. Montgomery Ave., Rockville.
- Albergue de 36 camas para hombres sin hogar que se están recuperando del abuso de sustancia estupefacientes y de alcohol, y que pueden tener enfermedades mentales crónicas.

Dorothy Day Place

- A program of Catholic Charities of the Archdiocese of Washington
- 24-hour, seven-day a week, year-round transitional shelter for 45 homeless women.
- Provides beds, three meals a day, laundry, showers and telephone.
- Contact person: **Uwana Collins**; Phone: 301-762-8314; Web address: www.catholiccharitiesdc.org
- Programa de las Caridades Católicas de la Arquidiócesis de Washington.
- Albergue de transición para 45 mujeres sin hogar, abierto durante las 24 horas, los siete días de la semana, todo el año.
- Ofrece camas, tres comidas diarias, lavandería, duchas y teléfono.

Helping Hands Center

- A program of Mount Calvary Baptist Church
- Provides emergency shelter to approximately 140 homeless women and young children 24 hours a day throughout the year.
- Services include case management, three meals a day, private bedrooms, laundry facilities, workshops on money management, parenting, job preparation and search.
- Contact person: **Ann L. Chapman** or **Tammy Holland**; Phone: 301-340-2796
- Ofrece albergue de emergencia para aproximadamente 40 mujeres sin hogar y niños pequeños, durante las 24 horas, todo el año.
- Los servicios incluyen manejo de casos, tres comidas diarias, dormitorios privados, lavandería, talleres de trabajo sobre manejo del dinero, crianza, preparación para el trabajo y búsqueda de trabajo.

Hope Housing

- A program of Community Ministries of Rockville, 114 W. Montgomery Ave., Rockville
- Three Rockville sites provide permanent housing services to 16 formerly homeless men and women with physical and/or mental disabilities.
- Contact person: **Darrell Butler**; Phone: 301-762-8682; Web address: www.cmrocks.org
- Programa de los Ministros de la Comunidad de Rockville, 114 W. Montgomery Ave., Rockville
- Brinda servicios de vivienda permanente a 16 hombres y mujeres con

discapacidades físicas o mentales que antes carecían de hogar.

Horizon House

- A program of Community Ministry of Montgomery County, 114 W. Montgomery Ave., Rockville
- Five houses provide case management and support to 25 men and women. All have physical and/or mental disabilities and fixed or very low incomes.
- Contact person: **Priscilla Fox-Morrill**; Phone: 301-770-2413; Web address: www.communityministrymc.org
- Programa de los Ministros de la Comunidad de Montgomery County, 114 W. Montgomery Ave., Rockville
- Ofrece manejo de casos y apoyo a 25 hombres y mujeres en cinco casas. Todos tienen discapacidades físicas o mentales, e ingresos fijos o muy bajos.



Volunteers sort donated clothes at Interfaith Clothing Center in Rockville.

Jefferson House

- A program of Community Ministries of Rockville, 114 W. Montgomery Ave, Rockville
- Provides permanent supportive housing services for formerly homeless men who have completed a formal addiction treatment program. Offers six men personal living quarters, support services and social and recreational activities.
- Contact person: **Darrell Butler**; Phone: 301-762-8682; Web address: www.cmrocks.org
- Programa de los Ministros de la Comunidad de Rockville, 114 W. Montgomery Ave, Rockville
- Proporciona servicios de ayuda para vivienda permanente a hombres que antes carecían de hogar y que completaron un tratamiento formal de adicción. Ofrece viviendas personales, servicios de apoyo, y actividades sociales y recreativas para seis hombres.

Men's Emergency Shelter

- A program of the Montgomery County Coalition for the Homeless
- Provides a safe place for vulnerable men awaiting placement in another shelter or for those not eligible for other shelters.
- Offers a warm, safe environment, shower and toilet facilities, laundry, hot beverages, snacks and a bed.
- Contact person: **Sharan London**; Phone: 301-217-0314; Web address: www.mcch.net
- Programa de la Coalición para Personas sin Hogar de Montgomery County



Community Services in Rockville

Great Places to Donate Your Time, Talent, Money – and Keep it Local!

- Proporciona un lugar seguro para hombres vulnerables que aguardan ser ubicados en otros albergues o para aquellos que no son aptos para otros albergues.
- Ofrece un ambiente cálido y seguro, ducha y retrete, lavandería, bebidas calientes, bocadillos y una cama.

Montgomery Avenue Women's Center

- Daytime program for homeless women.
- Helps homeless women find jobs and assists with computer training, relocation assistance and prescription costs.
- Contact person: **Norma Fagan**; Phone: 301-762-2288; Web address: www.mawctr.org

- Programa diurno para mujeres sin hogar.
- Ayuda a las mujeres sin hogar a encontrar trabajo y brinda ayuda para capacitarlas en computación, las ayuda a reubicarse y las asiste con el costo de las recetas médicas.

Rainbow Place

- Provides a warm, safe, caring environment for homeless women during the winter months of November through March.
- Women receive a warm bed, a hot supper, breakfast, a bag lunch, access to showers, laundry facilities and case management.
- Contact person: **Andie Sante**; Phone: 301-762-3363; Web address: www.rainbowplace.org

- Proporciona un ambiente cálido, seguro y considerado para mujeres sin hogar durante los meses de invierno, de noviembre a marzo.
- Las mujeres reciben una cama caliente, una cena caliente, desayuno, una bolsa de almuerzo, acceso a duchas, lavandería y manejo de casos.

Sophia House

- A program of Community Ministry of Montgomery County, 114 W. Montgomery Ave, Rockville
- A 30-bed emergency shelter and assessment center for homeless women with issues related to mental illness, domestic violence and long-term disabilities.
- Contact person: **Priscilla Fox-Morrill**; Phone: 301-770-2413; Web address: www.communityministrymc.org
- Programa de los ministros de la Comunidad de Montgomery County, 114 W. Montgomery Ave, Rockville
- Albergue de emergencia de 30 camas y centro de evaluación para mujeres sin hogar, con problemas relacionados con enfermedades mentales, violencia doméstica y discapacidades a largo plazo.

Food and Clothing/ Alimentos y Ropa

Stepping Stones Shelter

- Provides safe emergency shelter, food, clothing, case management and

- Supportive services to families
- Services include individual budget and financial counseling, employment and job workshops, computer training, domestic violence education, parenting classes and health education.
- Contact person: **Tina McKendree**; Phone: 301-251-0567; Web address: www.steppingstonesshelter.org

- Proporciona un albergue seguro de emergencia, comida, ropa, manejo de casos y servicios de apoyo para familias.
- Los servicios incluyen asesoramiento para el presupuesto individual, asesoramiento financiero, talleres de trabajo de empleo y trabajo, capacitación en computación, educación sobre violencia doméstica, clases de crianza y educación para la salud.

Welcome Homes

- A program of Community Ministry of Montgomery County, 114 W. Montgomery Ave., Rockville.
- Two houses provide case management and support to 10 elderly women. All have physical and/or mental disabilities and fixed or very low incomes.
- Contact person: **Priscilla Fox-Morrill**; Phone: 301-770-2413; Web address: www.communityministrymc.org
- Programa de los Ministros de la Comunidad de Montgomery County, 114 W. Montgomery Ave., Rockville.
- Proporciona asistencia para el manejo de casos y apoyo a 10 mujeres de edad avanzada en dos casas. Todas tienen discapacidades físicas o mentales, e ingresos fijos o muy bajos.

Furniture Exchange

- A program of Community Ministry of Montgomery County, 114 W. Montgomery Ave., Rockville.
- Picks up furniture from donors on Fridays and Saturdays throughout the year and delivers it free of charge to low-income county residents. Tax receipts are provided to donors.
- Contact person: **Pio Zavala**; Phone: 240-361-1736; Web address: www.communityministrymc.org
- Programa de los Ministros de la Comunidad de Montgomery County, 114 W. Montgomery Ave., Rockville.
- Recoge muebles donados los viernes y sábados de todo el año, y los entrega en forma gratuita a los residentes de ingresos bajos del condado. Se entregan recibos a los donantes para deducir de los impuestos.

Interfaith Clothing Center

- Distributes donated clothes, housewares, school supplies, infant items, toys and children's books to low-income Montgomery County residents.
- Donation hours: Mondays, Wednesdays, Saturdays, 9 a.m. - 2 p.m., at 751 Twinbrook Pkwy.
- The ICC's work is accomplished by hundreds of volunteers who annually provide more than 10,000 hours of service
- Contact person: **Teresa Castro**; Phone: 301-424-3796; Web address: www.communityministrymc.org

Servicios Comunitarios de Rockville



¡Excelentes Lugares donde Donar su Tiempo, Talento y Dinero, y que Quede en Casa!

- Distribuye ropas, utensilios domésticos, suministros escolares, objetos, juguetes y libros infantiles recibidos en donación para los residentes de Montgomery County de ingresos bajos.
- Horas de donación: lunes, miércoles y sábados de 9 a.m. a 2 p.m., en 751 Twinbrook Pkwy.
- El trabajo del centro interconfesional de ropa (ICC) lo realizan centenares de voluntarios que prestan más de 10.000 horas de servicio cada año.

Manna Food Center, Inc.

- Distributes food to Rockville residents and to Rockville shelters, pantries and the Lincoln Park Community Center.
- Provides each household with a box of staples and perishables to feed a family for three to four days.
- Located at 614 Lofstrand Lane, accepts food donations
- Contact person: **Amy Gabala**; Phone: 301-424-1130; Web address: www.mannafood.org
- Distribuye alimentos a los residentes de Rockville, y a los albergues y comedores de Rockville, y del Lincoln Park Community Center.
- Proporciona a cada hogar una caja con alimentos básicos y perecederos para dar de comer a una familia por 3 a 4 días.

Top Banana Home Delivered Groceries

- Provides home-delivered grocery services with personalized extra help to people with limited mobility and strength, especially the elderly and disabled
- Staff and volunteers receive orders by telephone, deliver groceries into the kitchen and even unpack, when needed
- Contact person: **Jean Guiffré**; Phone: 301-372-FOOD (3663); Web address: www.topbananagroceries.org
- Proporciona servicios de entrega a domicilio de productos alimenticios con ayuda muy personalizada para personas con movilidad y fuerza limitadas.; especialmente, para las personas de edad avanzada y los discapacitados.
- Los empleados y voluntarios reciben las órdenes por teléfono, entregan los productos en la cocina y hasta los desenvuelven cuando es necesario.

Youth & Family Services/Servicios para la Juventud y la Familia

Friends in Action

- A program of Community Ministry of Montgomery County, 114 W. Montgomery Ave., Rockville
- Bilingual program that recruits, trains and supports teams of volunteer mentors who commit to working with low-income families for at least one year.
- Case management services are provided by professional staff.
- Contact person: **Monica Barberis-Young**; Phone: 301-315-1103; Web address: www.communityministrymc.org
- Programa de los Ministros de la Comunidad de Montgomery County, 114 W. Montgomery Ave., Rockville
- Programa bilingüe que recluta, capacita



Volunteers with Top Banana help pack and deliver groceries to seniors and people with disabilities who have limited mobility.

y ayuda a los equipos de mentores voluntarios que se comprometen a trabajar con familias de ingresos bajos durante por lo menos un año.

- Los servicios de manejo de casos son provistos por personal profesional.

Healthy Families Montgomery

- A program of Family Services Agency, 610 East Diamond Ave., Suite 100, Gaithersburg
- First-time parents receive home visits, case management, health education, child development and parent education/support groups. All services are available in both English and Spanish.
- Contact person: **Janet Curran**; Phone: 301-840-3231; Web address: www.familyservicesagency.org
- Programa del Organismo de Servicios Familiares (Family Services Agency), 610 East Diamond Ave., Suite 100, Gaithersburg
- Realiza visitas a domicilio a los padres primerizos, ayuda para el manejo de casos, educación para la salud, nociones sobre el desarrollo del niño y grupos de ayuda para la educación de los padres. Todos los servicios están disponibles tanto en inglés como en español.

Elderly and Disabilities Ministries

- A program of Community Ministries of Rockville, 114 W. Montgomery Ave., Rockville
- Provides case management, assistive devices and homemaker service for the elderly by certified aides
- Offers free repair, maintenance and modifications to the homes of low-income seniors and persons with disabilities
- Contacts: **Sylvia George**, Director; **Barbara Smith-Brady**, Assistant Director; Phone: 301-315-1096 or 301-762-8682 (ext.116); Web address: www.cmrocks.org
- Programa de los Ministros de la Comunidad de Rockville, 114 W. Montgomery Ave., Rockville
- Proporciona ayuda con el manejo de casos, dispositivos de asistencia y servicios de ama de casa con ayudantes certificados para las personas de edad avanzada.
- Ofrece arreglos, mantenimiento y modificaciones de los hogares de las personas mayores y las personas con discapacidades.

Mansfield Kaseman Health Program

- A partnership between Community Ministries of Rockville and Mobile Medical Care
- Provides community outreach and wraparound case management to uninsured adults with medical needs
- Schedules appointments for mobile clinic sites in Rockville
- Services are available in both English and Spanish; additional translation services are available on request
- Contact person: **Michelle Beadle**; Phone: 301-762-8682; Web address: www.cmrocks.org
- Asociación entre los Ministros de la Comunidad de Rockville y Mobile Medical Care.
- Proporciona extensión comunitaria y resolución de manejo de casos a adultos no asegurados con necesidades médicas.
- Hace las citas para los consultorios móviles de Rockville.
- Los servicios están disponibles tanto en inglés como español; ofrece servicios adicionales de traducción a pedido de los interesados que los soliciten.

Cultural Diversity/ Diversidad Cultural

Korean Community Service Center of Greater Washington, Inc.

- Provides information and referral services, welfare, health and immigration case management services and counseling.
- Provides translation and interpretation services and educational services including ESL classes, computer classes, civics education, five-week summer school for students K-12.
- Contacts: **Tae-In Lee**; Phone: 240-683-6663; Web address: www.kcscgw.org
- Proporciona información y servicios de referencia, bienestar, salud, manejo de casos de inmigración y orientación.
- Brinda servicios de traducción e interpretación, y servicios educativos, inclusive clases de inglés como segundo lenguaje (ESL), clases de computación, educación cívica y escuela de verano de cinco semanas para alumnos de K-12.

Latino Outreach Program

- A program of Community Ministries of Rockville, 114 W. Montgomery Ave., Rockville
- Provides English as a Second Language classes to Hispanic adults and tutoring to children of adult participants.
- While parents attend classes, preschool and school-age children participate in enrichment classes staffed with bilingual instructors. Childcare is provided for children under age 2.
- Contact person: **Cecilia Rojas**; Phone: 301-315-1097; Web address: www.cmrocks.org
- Programa de los Ministros de la Comunidad de Rockville, 114 W. Montgomery Ave., Rockville
- Proporciona clases de inglés como segundo idioma (ESL) a los adultos de origen hispano y tutela a los niños de los

participantes adultos.

- Mientras los padres están en clase, los niños de edad preescolar y escolar participan en clases de enriquecimiento dictadas por instructores bilingües. Se proporciona cuidado infantil a los niños menores de 2 años.

Chinese Culture and Community Service Center

- Provides English literacy instruction to newly immigrated adults
- Three levels of classes include instruction on naturalization, citizenship and intensive pronunciation for elderly immigrants who rarely have the opportunity to speak English in their daily lives.
- Contact person: **Vincent Tang**; Phone: 240-631-1200; Web address: www.ccacc-dc.org
- Proporciona clases de idioma inglés a los inmigrantes que recién llegan.
- Los tres niveles de clases incluyen instrucciones sobre naturalización, ciudadanía y pronunciación para los inmigrantes de edad avanzada que raramente tienen la oportunidad de hablar en inglés en su vida diaria.

Emergency Funds/ Fondos de Emergencia

Rockville Emergency Assistance Program (REAP)

- Provides financial assistance to residents faced with an emergency relative to shelter, utilities and medical prescriptions. Also provides assistance with getting IDs and job-related transportation. To be eligible for assistance, persons must have resided within the corporate city limits of Rockville for at least six months and provide documentation of their emergency.
- Contributions to REAP can be made directly through a designation on City water bills.
- Contact person: **Monica Mendoza**; Phone: 301-762-8682 (ext. 106); Web address: www.cmrocks.org
- Proporciona asistencia financiera a los residentes que enfrentan una emergencia relacionada con el albergue, las utilidades y las recetas médicas. También brinda asistencia para conseguir el documento de identificación (ID) y transporte para ir a trabajar. Para reunir los requisitos para la asistencia, las personas deben haber residido dentro de los límites corporativos de la ciudad Rockville durante por lo menos seis meses y presentar documentación sobre su emergencia.
- Las contribuciones para REAP se pueden hacer directamente mediante una designación en las facturas de agua de la Ciudad.

Rockville FISH/HELP

- All-volunteer organization serving residents of the City of Rockville.
- Provides emergency financial assistance for prescriptions, housing, utilities and food.
- Contact person: **Nell Hubbard**; Phone: 301-564-0800
- Proporciona asistencia financiera de emergencia para recetas médicas, vivienda, utilidades y alimentos.

— Translation by Victoria Imas Duchovny

Advancing Through English, Life From Basic To Advanced, City Volunteer Uses Language Experience To Help Others

Sitting down and discussing cancer prevention methods with clients in Rockville is second nature for Mariana Estrada.

Such a task might seem simple for someone with a healthcare degree, but Mariana has had to work twice as hard – yet the rewards are twice as great.

Not only can Estrada discuss the complicated terminology in English, but she also provides the service in Spanish, her native language. Estrada has been a student in the Latino Outreach Program of Community Ministries of Rockville for three years, where she began by taking Basic English classes. With a lot of hard work and dedication, she is now sitting in Workplace 3, the most advanced class.

Because of her progress and commitment, Community Ministries of Rockville invited her to become a volunteer health promoter for the Mansfield Kaseman Health Program, providing outreach activities in the Latino community to educate people about colon, breast and cervical cancer prevention.

Her success was so apparent that she was quickly hired as a part-time employee of the Mansfield Kaseman Health Program in the position of Outreach Coordinator. Now she is responsible for coordinating special clinics and health promotion outreach activities of the Health Program in

English and Spanish.

With her training through Community Ministries of Rockville, Estrada is now in a leadership role for the community.

"English classes have helped me to think about what I am saying," Estrada said. "I am learning to think in English as well as in Spanish. Now I am not afraid to speak with anyone."

Originally from Guatemala, Estrada came to this country 19 years ago. She has three daughters, the youngest of whom is a history major at the University of Maryland at College Park. Her other two daughters are college graduates. Her youngest daughter used to accompany her to English classes, and has followed in her mother's footsteps, volunteering to tutor children in the Latino Outreach Program.

Estrada said that the rule in her household was to speak only Spanish at home. Therefore her daughters are fully bilingual.

"My daughters push me," she said. "They pushed me to learn English because they wanted me to go further. I took the classes so I can pass the GED and, one day, go to college."

Because of her daughters' urging, Estrada has benefited from the Latino Outreach Program, and is now helping those who were once in her shoes.

There are many people like the clients



Using her new English skills, Mariana Estrada provides health information in English and Spanish to users of the Mobile Medical healthcare services at Lincoln Park Community Center in Rockville.

Below is a list of locations for English classes provided through next year in Rockville:

Latino Outreach Program

Community Ministries of Rockville

Contact person: Cecilia Rojas,

Latino Outreach Program Director

Phone: 301-315-1097

Sites for English classes:

- Crusader Lutheran Church / Twinbrook Baptist Church
- Twinbrook Elementary School
- Maryvale Elementary School
- Meadow Hall Elementary School

English Literacy Program

Chinese Culture and

Community Service Center, Inc.

Contact person: Vincent Tang

Phone: 240-631-1200

Sites for English classes:

- Rockville Senior Center
- Montrose Community
- Lincoln Park Community Center

Estrada sees, who want language help, but do not know where to find it.

The City of Rockville, in partnership with the Latino Outreach Program and the Chinese Culture and Community Ser-

vice Center, Inc., works to provide adult English classes throughout the year. For more information on adult English classes, contact the City's Community Service Division at 240-314-8310. ■

Welcome Homes: A Place Older Women Can Call 'Their Own'

No feeling could replace that of walking into a room and being able to call it "my own."

That is exactly the feeling that elderly homeless women in Rockville receive when they come to "Welcome Homes," a program designed to provide comfortable shelter for homeless women over age 50.

The Welcome Homes program began in 2002 when it became apparent that the number of women age 50 and older was increasing in area emergency shelters.

"The goal of the program is to give these women an indefinite home and allow them to live a dignified life," said Priscilla Morrill, director of Welcome Homes.

Most shelters have a high rate of turnover. Some shelters are not designed for longer term stays. This leads to those in need moving from shelter to shelter, and room availability often can become an issue. For some elderly women, the ability to move around often is limited by their physical conditions.

Welcome Homes gives these local women the opportunity to stay in one place indefinitely while they attempt to put their lives back together.

The Welcome Homes facility never has more than five women in a house at any one time. Each woman has her own bedroom. Bathrooms, common areas and the kitchen are all shared, but this seems like

a small sacrifice since many other shelters can have up to 30 women sleeping in one room.

Women in the house are encouraged to be independent. Each is assigned chores, with some cooking and others cleaning. The teamwork factor helps not only in maintaining the facility, but also in helping the women work on their individual issues.

Welcome Homes has around-the-clock supervisory staff that make sure the women tend to their personal needs, such as taking medicine as prescribed. The staff also expose the women to other activities including field trips to places such as Butlers Orchard.

"People here get along well with each other," said Audrey, 84, who has been a resident since this summer. "We are happy living out our lives here."

In addition to the Rockville location, Welcome Homes also has a facility in Wheaton.

With the holidays approaching, both houses are accepting donations that would provide greatly appreciated meals around Thanksgiving and Christmas.

For more information about Welcome Homes, contact Morrill at 301-770-2413 or via e-mail at pfox-morrill@communityministrymd.org. ■

— by Jacqueline Christo

Please note:

Si usted habla Español y necesita ser referido para los siguientes servicios: vivienda, salud, emergencia financiera, por favor llamar al departamento de servicios comunitarios al teléfono 240 314-8310 o llamar al señor Alfred Thompson al teléfono 240-314-8319.

如果華語是您的母語，而您需要得到居住、財務及醫療方面的補助，請電華人活動中心，240-631-1200，我們將為您提供華語服務。

주택, 의료보조, 재정보조 등의 분야에

대해 한국어로 도움이 필요하시면

위신봉 안민봉사센터 (전화번호 240-631-8310)로

연락주시기 바랍니다.

Donating to REAP Easier Than Ever Check City Water Bill to Help Those In Need

For years the City of Rockville, in partnership with Community Ministries of Rockville, has provided emergency assistance to residents through the Rockville Emergency Assistance Program (REAP).

The program is coordinated by the City's Community Services Division. Any resident experiencing a legitimate emergency is eligible to apply for help from the program, which provides up to \$750 to help alleviate the resident's emergency.

Now, more than ever, the City of Rockville is reaching out to its residents for help in sustaining the program.

Rising utility costs will affect many residents this season, especially those who were already struggling to meet their utility payments.

Every resident receiving a City water bill will notice a place on the bill for donations for the REAP program. These donations are the foundation of the REAP program, and provides the money for those in need.

Anyone who does not pay their water bill by mail can still easily make a donation to REAP by sending a check made payable to City of Rockville REAP Fund and mail to City of Rockville/REAP, 111 Maryland Ave., Rockville, MD 20850.

Last year, the REAP program approved 167 applications for assistance, serving 229 adults and 342 children. Recipients have used emergency money to help pay for utilities, shelter, food, medical needs and emergency house repairs. ■

Support Rockville's Holiday Drive All Year Long

The Rockville Holiday Drive, which provides food and gifts to families in need during the holidays, relies entirely on the support of the community. Monetary donations for the Holiday Drive are needed throughout the year.

Checks can be made payable to the Rockville Holiday Drive Fund and mailed to Community Services Division, Attn: Rockville Holiday Drive, 20 Courthouse Square, Suite 205, Rockville, Md. 20850.

Those who participate in the City's Recreation Programs through Rock Enroll,

may also donate online. Go to www.rockvillemd.gov and click on Rock Enroll, then the Activities tab. To sponsor a family with a \$200 donation, register using course No. 20528. To sponsor a child or senior with a \$25 donation, register using course No. 20529.

Payment is accepted by Visa or MasterCard and is tax deductible. Those who participate online will receive triple Rockin' Rewards points toward City recreation classes, programs and camps for their Holiday Drive donations. ■

Human Services Advisory Commission

The City of Rockville works with many boards and commissions that assist with group-specific issues on an ongoing basis. The Human Services Advisory Commission is committed to making the City's many services available to all residents.

Council Liaisons: Robert E. Dorsey and Anne M. Robbins **Members:** Tim Stranges, Chair; David L'Heureux, Consumer Representative; Michelle Beadle, M. Thomas Lawrey and Agnes Saenz, Caregiver Representatives; Sarah Duffy, Deborah Parham Hopson, Ann Reiss and Eric Kuohwa Wang, At-Large Representatives; Mary Lou Jacobs, Staff Liaison